DOCUMENT RESUME

ED 095 103 SP 008 280

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TITLE Fundamental Field Hockey, Physical Education: 5551.21.
INSTITUTION Dade County Public Schools, Miami, Fla.
PUB DATE 71
NOTE 44p.; An Authorized Course of Instruction for the Quinmester Program

EDRS PRICE MF-$0.75 HC-$1.85 PLUS POSTAGE
DESCRIPTORS Athletic Equipment; *Athletics; *Curriculum Guides; *Physical Education; *Recreational Activities; Sportsmanship; *Teaching
IDENTIFIERS Field Hockey; *Quinmester Program

ABSTRACT

This course outline is a guide for teaching fundamental skills, rules, and strategies of field hockey in grades 7-12. The course format includes lectures, skills practice, audiovisual materials, demonstrations, and competitions that focus on mastery of skills, rules, game situations, and safety procedures. Course content includes the following: (a) history of field hockey, (b) description of field hockey, (c) selected terminology, (d) playing courtesies, (e) social and ethical values, (f) equipment and playing areas, (g) safety procedures, (h) rules and regulations, (i) techniques and fundamentals, (j) strategy and tactics, and (k) recommended student resources. Learning activities and teaching procedures include illustrations of warm-up exercises, lead-up games and variations, techniques, and skill drills. A lesson plan progression and recommended teacher resources are also included. A skill test is outlined, and appraisal forms and written and/or oral test items are suggested. (A 14-item bibliography is included.) (PD)

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DADE COUNTY PUBLIC SCHOOLS

DIVISION OF INSTRUCTION • 1971

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FUNDAMENTAL FIELD HOCKEY

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PHYSICAL EDUCATION

Written by

Billye J. Lowe

For The

DIVISION OF INSTRUCTION

Dade County Public Schools

Miami, Florida

1971

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FUNDAMENTAL FIELD HOCKEY

I. COURSE GUIDELINES FOR COURSE NUMBER 5551.21
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A. Student Classification: Girls
B. Grade Level: 7-12
C. Level of Performance: Beginning
D. Suggested Prior Experience: None
E. Subject Status: Elective
F. Length of Unit: 9 weeks

II. COURSE DESCRIPTION AND ACCREDITATION STANDARD BROAD GOAL

A. Description

Fundamental Field Hockey is designed to teach fundamental skills, identification and application of rules and strategies necessary for successful participation in a team sport.

B. Methods and Evaluation

The course will consist of lectures, practice of skills presented, use of audio-visual materials, demonstrations, participation in game situations, class tournaments and evaluation techniques.

C. Area of Concentration

Class periods will be devoted to skills demonstration and practice, rules presentation, game situations, class tournaments and safety procedures.

III. COURSE OF STUDY BEHAVIORAL OBJECTIVES

A. Observed Skills Objective: 40% of Course Grade

1. State Accreditation Standard: Junior High 9.8414
   Senior High 9.9417

   All students will demonstrate ability in fundamental field hockey skills, strategy, and tactics which will be practiced and developed in class periods by means of game play and drill activities. The majority of students will display sufficient ability to play in a game situation and will be measured by competencies described in the identification of each skill listed in course content. Each student's progress and performance in the skills areas listed below will be evaluated by teacher judgment by observation, checklist, and/or annotation.

   a. Carry position
   b. Field the ball
   c. Dribble
   d. Pass
   e. Tackle
   f. Dodge
   g. Basic strategy and teamwork
   h. Roll-in
   i. Bully

2. State Accreditation Standard: Junior High 9.8414
   Senior High 9.9417

   At least 75% of the students are able to demonstrate the proficiencies listed in 1. a.-i.

B. Basic Skills Objective: 20% of Course Grade

1. State Accreditation Standard: Junior High 9.8414
   Senior High 9.9417

   All students will participate and be rated in at least three skill tests and the majority of students will achieve an average or better score. These tests will be set up and administered according to the scoring and procedures specifications listed in Section VI or other authoritative sources.

   a. Dribble
   b. Drive
   c. Stick stop
   d. Dodge
   e. Tackle

2. State Accreditation Standard: Junior High 9.8414
Senior High 9.9417

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a.-e.

C. Course Content Knowledge Objective: 20% of Course Grade

1. State Accreditation Standard: Junior High 9.8414
Senior High 9.9417

All students will respond to a test on field hockey and the majority of students will achieve an average or better score. This test will be based on the Fundamental Field Hockey Quinmester course content and class discussion, and will include some questions in all of the following areas:

a. History
b. Safety procedures
c. Rules of play
d. Terminology
e. Correct care and use of field hockey equipment

2. State Accreditation Standard: Junior High 9.8414
Senior High 9.9417

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a.-e.

D. Social and Personal Attitudes Objectives: 20% of Course Grade

1. State Accreditation Standard: Junior High 9.8414
Senior High 9.9417

Social and personal attitudes displayed by all students will be evaluated by observation, checklist, and/or annotation by the teacher throughout the entire course. The teacher will motivate an atmosphere wherein the majority of the students will respond to this development and exhibit desirable behavior. This evaluation will be based on the following social and personal attitudes:

a. Alertness to class procedure and activities
b. Fairness to other students and teacher
c. Good sportsmanship
d. Emotional control
e. Consideration of others
f. Playing courtesies
g. Team work
h. Willingness to participate

2. State Accreditation Standard: Junior High 9.8414
Senior High 9.9417

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a.-h.

IV. COURSE CONTENT
(This section may be duplicated for distribution to students.)

A. History of Field Hockey

The exact origin of field hockey is unknown but there is evidence that it is one of the oldest team sports played. Some Greek and Egyptian art features hockey sticks and ball being used by people. Hockey as we know it today has its historical beginning in England where it was played by men. In 1901 Constance Applebee introduced field hockey to women in the United States. Miss Applebee travelled the eastern section of the United States teaching and coaching field hockey.

The United Field Hockey Association (1922) and the International Federation of Women's Hockey Associations (1927) were founded to further develop field hockey for girls.

In 1963 the United States was host to 22 countries participating in the international field hockey tournament.

B. Description of Field Hockey

The game of field hockey is played on a field (50 x 100 yards) with two teams of eleven players each: five forwards, three halfbacks, two fullbacks and a goalkeeper. The game is started with a center bully, after which the ball is in play, and each team attempts to put the ball in the opponents goal by maneuvering it with a stick. The team with the greatest number of goals within the official 70 minute time limit, wins the game.

C. Selected Terminology

1. Advancing. Using the feet to direct the ball.

2. Attacking Team. Team with the ball.

3. Backing Up. Supporting a teammate.

4. Blade. The curved end of a hockey stick.

5. Bullying. Method of putting the ball into play. (see page 12)

6. Centering the Ball. Maneuvering the ball from the sideline toward the striking circle.

7. Circular Tackle. A legal technique of gaining possession of the ball from an opponent who is on the right hand side.

8. Clearing. Passing the ball from a congested area to a less occupied part of the field.

9. Corner (Long). Taken by the attacking team five yards from the corner of the field on the end line.

10. Covering. One fullback assists the goalkeeper in case of long passes deep in defensive territory.

11. Defending Team. Team without the ball.

12. Dodge. A technique used to go around an opponent.

13. Face. The flat side of the head of a hockey stick.

14. Fielding. Stopping the ball by a legal method.

15. Flat Pass. A pass to an offensive player in line with the ball.

16. Goal. One point scored for an attacking team member hitting the ball over the goal line between the goal post and under the upright.

17. Goal Cage. The area between the goal post and even with the upright covered with netting.

18. Head. The curved portion of a hockey stick.

19. Interception. Taking a pass intended for an opponent.

20. Interchange. Players switch positions for a short period of time.

21. Marking. Guarding an opponent without the ball.

22. Nonstick Side. The left side of a player. There is no left handed playing in field hockey.

23. Offside. A player in her opponent's half of the field closer to the goal than the ball (when it is hit) and without three defensive players between her and the goal.

24. Passing. Hitting the ball to a teammate.

25. Penalty Bully. The umpire awards a penalty bully to the attacking team when a foul is committed by the defending team within the striking circle.

26. Penalty Corner (Short). Taken by the attacking team 10 yards from the goal post on the end line.

27. Penalty Goal. The defensive team fouls during a penalty bully and the attacking team receives an award.

28. Reverse Stick. The flat side facing to the right with the toe toward the ground.

29. Rushing. A hurried attempt to score or hurry an opponent.

30. Shooting. Hitting toward the goal in an attempt to score.

31. Square Pass. Same as flat pass.

32. Sticks. Bringing any part of the stick above the player's shoulder in front or behind the player.

33. Stick Side. The right side of a player.

34. Tackle. Taking the ball away from an opponent.

35. Tackle Back. An attempt to get the ball from an opponent after losing the ball to her.

36. Through Pass. Used in anticipation of a teammate's running path.

37. Toe. The very end of the head on a hockey stick.

38. Triangular Pass. A square pass that is immediately hit behind an opponent.

39. Undercut. A ball hit with the blade angled back causing the ball to rise into the air.

D. Playing Courtesies

1. Shaking hands before and after the game with your opponent.

2. Playing, with team silence, is an indication of concentration and anticipation of future movements.

3. Being receptive to your captain's suggestions for playing improvement.

4. Being a graceful winner and not enlarging the hurt of the losing team.

5. Avoiding excuses for losing a game.

6. Thanking the officials at the end of the game.

7. Interpreting the official's call should be directed through your team captain.

E. Social and Ethical Values

1. Field hockey is a challenging team sport that requires considerable teamwork.

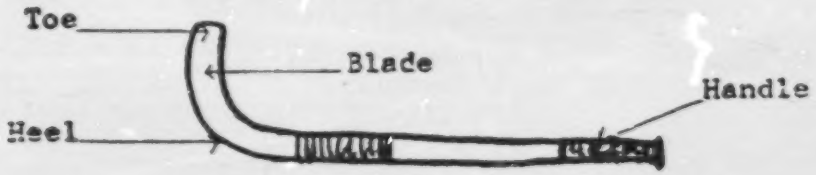
2. Players should develop speed, balance, endurance and reaction time as their skill improves.

3. Team members must be quick thinking and pursue skillful handling of game tactics.

F. Equipment and Playing Area

1. Equipment

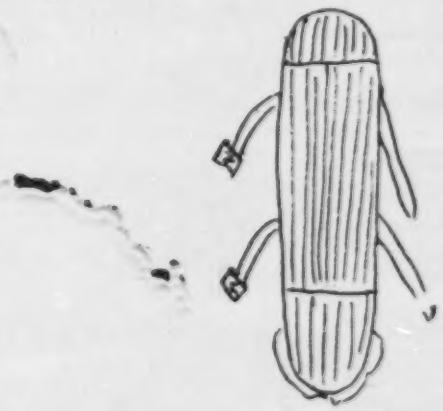
a. Sticks. The stick should be made of wood with the grain following the curve of the head. It should be well balanced and weigh from 18 to 21 ounces. No "left handed" sticks are manufactured. Each player should select her own stick by placing the blade on the ground with the handle terminating at hip level.



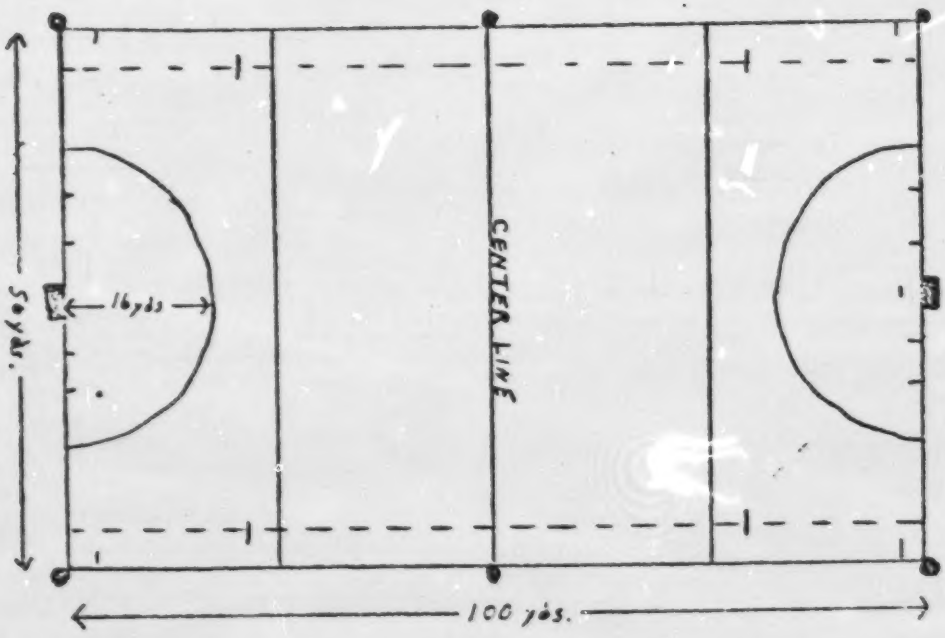
b. Ball. The cork and string filled ball covered with leather or plastic weighs 5 1/2 to 5 3/4 ounces. Regulations require the ball to be white in color.

c. Shin Guards. Each player should wear shin guards made of canvas and reinforced with cane ribs. Buckles and adjustable straps provide a snug fit to give protection to shins and ankles.

d. Goalkeeper Pads. Extra heavy pads start at the ankles and extend above the knees. Additional padding fits over the regular shoes for needed protection from injury.



2. The Field.



G. Safety Procedures

1. Players should select proper equipment and wear shin guards in game play and practice sessions.
2. Goalkeeper should wear special pads at all times.
3. Sticks should be inspected regularly for splinters
4. Field area should be free from obstacles.
5. Eye glasses should be covered with a protective guard.
6. Players should participate in warm-up exercises prior to game and/or practice sessions.
7. Instructor should stress the playing of positions to avoid body contacts and injury.
8. Students should develop the skill techniques of stick, body and ball control to minimize injury to self and other players.
9. Balls should <u>not</u> be hit directly into the legs of another player.
10. Balls hit with an undercut should be avoided.

H. Rules and Regulations

1. Scoring. One point is scored when the ball is legally hit by a member of the attacking team within the striking circle and the ball passes entirely over the goal line between the goal post and under the upright. However, a goal is counted if the ball glances off the stick of a defending team member and is otherwise legal.

2. Bully. The bully is used at the beginning of a game, halftime and after each goal. All players must be lined up on their half of the field and stand no closer than 5 yards to the players taking the bully. One player from each team stands facing the other in the center of the field while straddling the center line. The ball is in play after a series of three "ground-stick" and one of the two players touches the ball.

3. Offside. A player in her opponent's half of the field that is closer to the goal than the ball at the time the ball is put in play by her teammate is offside. She must gain an advantage by being in that position to be penalized.

4. Fouls. Players committing the following fouls will be penalized by giving opposing team a free hit or a penalty corner.

   a. When playing the ball, a player raises the stick above her shoulders.

   b. When hitting the ball with the rounded side of the stick.

   c. When a player undercuts the ball.

   d. When a player interferes with the stick of her opponent.

   e. When a player passes the ball between her feet.

   f. When a player stops the ball with any part of her body other than the hand. (Except for the goalkeeper.)

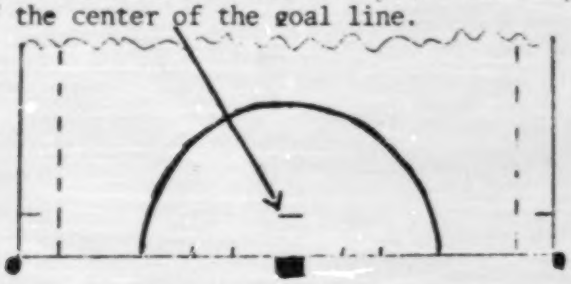
   g. When a player maneuvers the ball in any way except with the stick.

   h. When a player has body contact with an opponent.

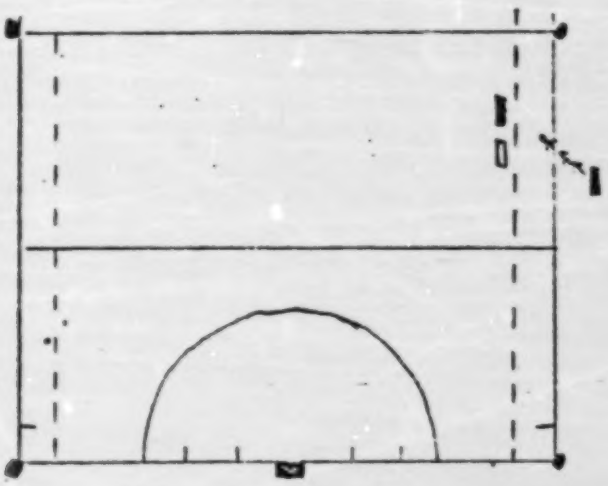
   i. When a player obstructs her opponent by placing herself between the ball and her opponent.

5. Free Hit. The striker is allowed to hit the ball in any direction without being guarded (all other players must be 5 yards away). She cannot hit the ball again until it has been played by an opponent or teammate.

6. Penalty Bully. The umpire awards a penalty bully to the attacking team when a foul is committed by the defending team within the circle. The bully is taken 5 yards in front of the center of the goal line.

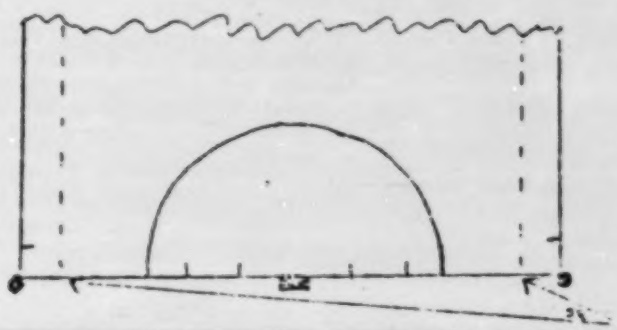


7. Roll-in. The defending team is given a roll-in when the attacking team was the last team to touch the ball before it went out-of-bounds. The indivdual (and her stick) taking the roll-in must be entirely outside the field of play. She cannot play the ball, after taking the roll-in, until another player has touched the ball. The ball must touch ground within one yard of the side line. All players in the field of play must be 5 yards away from the roll-in.

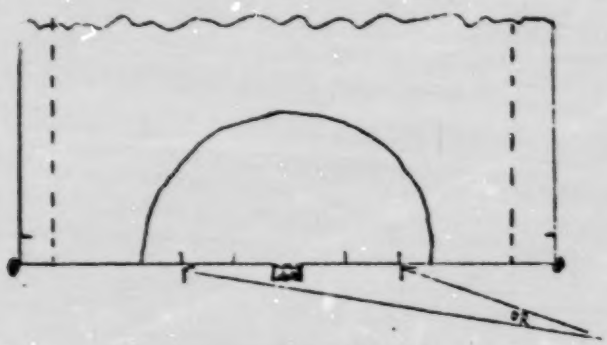


8. Corners. No goal is scored from a direct corner hit.

   a. Long Corner (Corner). When the ball is hit unintentionally over the end line, not between the goal post, by a defensive player the attacking team is awarded a corner. All players, except the player taking the hit, must be 5 yards away and outside the striking circle. The six defending team members must be behind the end line and the five attacking team members along the circle.



b. Short Corner (Penalty Corner). Same as long corner except the defending team intentionally hit the ball over the end line.



I. Techniques and Fundamentals

1. Grip

Place the heel of the stick on the ground with the toe straight forward and the handle directly in front of the player. Using the left hand "shake hands" with the handle forming a grip near the top (fingers spread and thumb pointing down). Do the same with the right hand approximately two inches below the left. The back of the left hand and the fingers of the right should be visible as you turn the toe of the stick to your right. All players must use right-handed sticks.

2. Footwork

Skilled footwork will enable the player to put her body in the best position for playing the ball. Short sure steps in running will assist in developing speed and agility. The eyes must be on the ball and the feet in a ready position.

3. Carrying Position

The left hand grip remains the same as the player slides her right hand half way down the shaft of the stick. At the same time the stick's toe is raised to a position which allows the stick to be parallel to the ground. The stick face is pointed in the direction of the run. All players should use the carry position except when playing the ball.

4. Fielding (Stopping) the Ball

The stick should be placed well in front of the body and perpendicular to the ground in the path of the oncoming ball. As the ball hits the stick "gives" to prevent the ball from bouncing off the stick.

5. Dribble

The dribble is a stroke used by all players to advance the ball while running. The forward line uses this stroke to maneuver the ball down the field. The ball is tapped with a series of short hits; therefore, wrist action is most important. The ball is played ahead of and to the right of the right foot. The closer the dribble the more control a player has of the ball and the more difficulty an opponent has in gaining possession.

6. Push Pass

The player steps on the right foot as she makes a quick short pass to a teammate. The follow through gives more power to the stroke. The basic grip is used and the stroke does not require a back swing.

7. Drive

Both hands are positioned together at the top of the stick. The ball is in front of the player and the feet are in a stride position. As the stick starts a backswing the wrists are cocked. The right elbow is bent with the body straight, To prevent "sticks". A hard power stroke hits the ball solid with wrist locked and remain locked for the follow through. The stick sweeps the ground just prior to and immediately following ball contact. The eyes should actually see the stick hit the ball. This stroke is used to hit in all directions and considered good strategy for free hits, goal shooting, clearing and/or long passing.

8. Tackles

Tackles are techniques used by the defense in an attempt to gain possession of the ball. It is illegal to position the body between the opponent and the ball; therefore, a specific tackle is necessary when approaching an opponent from each direction.

a. Straight Tackle. The tackle is made from a straight forward approach. Keep the eyes on the opponent's stick and the ball. Tackle the ball not the opponent, and time the point of ball contact when the opponent's stick is away from the ball. A perpendicular stick position on the ground in front of the ball will block the forward movement and allow the opponent to overrun the ball. There should be no body contact.

b. Circular Tackle. The approach to an opponent is made from the left side. The tackler makes a wide circle in front of her opponent; therefore, she must out run her opponent. Avoid obstructing the opponent by pulling the right shoulder back and leading with the left. Using a dribble will provide control of the ball and keep the ball out of reach of the opponent.

c. Left-hand Lunge. The opponent is on the tackler's left, even with or slightly ahead of the tackler. The stick is drawn to the right and thrown to the left with a long reach and keeping the left arm straight. The stick is close to the ground and stops in the path of the ball to block forward movement. After the opponent passes over the ball, the tackler gains possession. It is illegal to use body contact or hook sticks with the opponent.

9. Dodges

The player with the ball uses dodging techniques to avoid being tackled. Using a fake dodge, speed and/or the element of surprise is basic for perfecting this skill.

a. Right Dodge. The player with the ball passes to the left of the approaching tackler and immediately runs to the tackler's right and picks up possession of the ball.

b. Left Dodge. Just prior to the tackle, pull the ball to the left and continue dribbling forward.

10. Roll-Ins

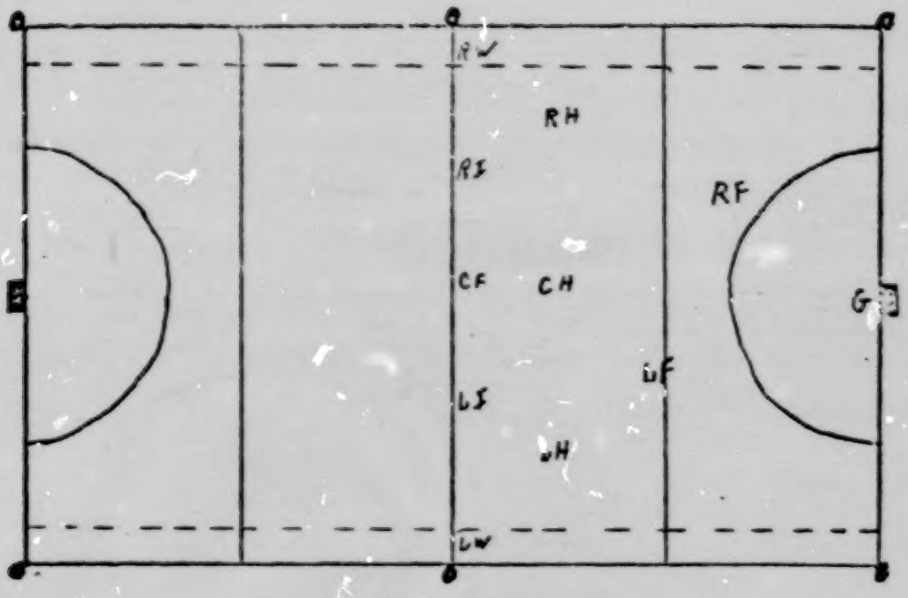
The player assumes a crouch position outside the side line with the stick in one hand and the ball in the other hand. An underhand roll of the ball is used. The ball must hit the ground within three feet of the sideline. A roll-in is given to the team touching the ball last as it went over the side line.

11. Bully

One player from each of the two teams face each other with their back squared to the side lines. The ball is on the ground directly in front and between the two players. The two players place the heel of their sticks on the ground beside the ball. Both players should have knees bent, head down, eyes on the ball, hips flexed and feet apart. In rhythm, each player strikes the ground with the heel of her stick and then touches her opponent's stick above the ball. After three of these hits, either player can attempt to pass or dribble the ball.

J. Strategy and Tactics

1. Position Play

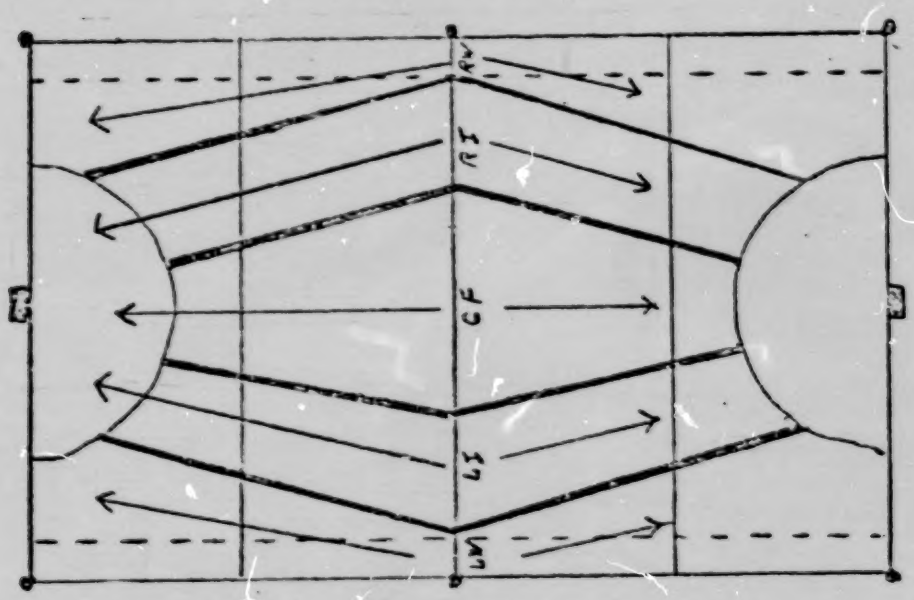


a. Forward Line. The forward line, comprised of five players, should move as a unit up and down the field with the primary purpose of initiating attacks and scoring points. Therefore, these offensive players should possess speed and skill in dodging, passing, goal shooting, and dribbling.

(1) Center Forward. This individual is the leader and must be skilled in the bully, in directing passes, in dribbling, in passing, and in shooting. She must be a fast runner, quick thinking and maintain her position in the center of the field.

(2) Right and Left Inners. The inners are the connecting links of the forward line. These players should possess the basic skills and accelerate in the skill of shooting for goals.

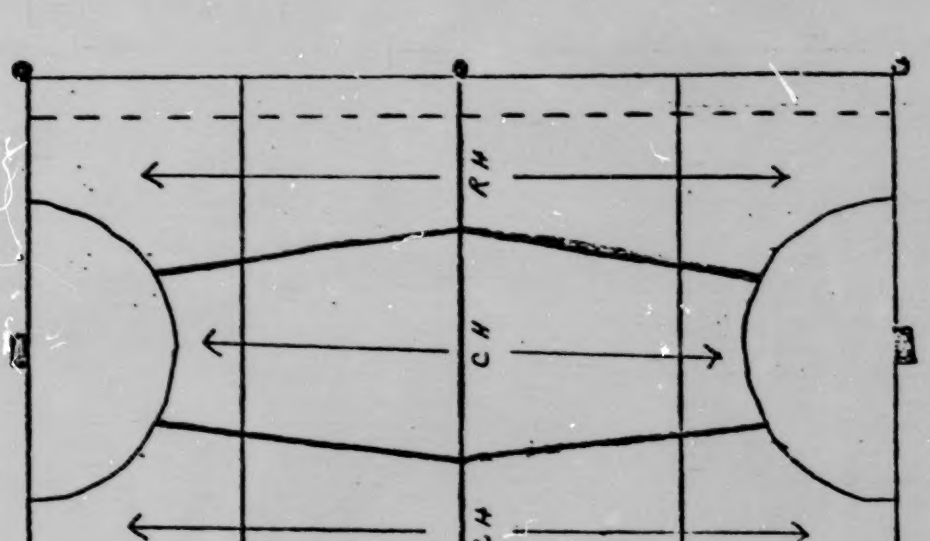
(3) Right and Left Wings. These players should be very skilled in dribbling and driving the ball. They should be the fastest runners on the team. The wings must play their position (in the alley) to be effective as team members.



b. Halfback Positions. Endurance, speed, energy and stamina are essential qualities for potential halfback players. They feed the ball to their forward line and tackle forwards of the opposite team. Therefore, these players are considered as both offensive and defensive positions.

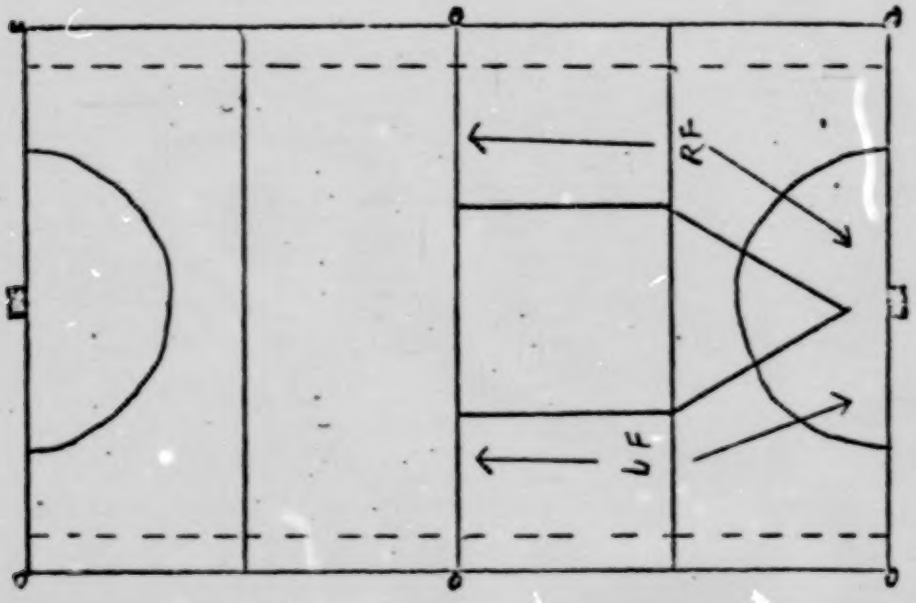
(1) Center Halfback. Playing this position requires skill in tackling, dodging, all types of passing and keeping the ball evenly distributed to both sides of the field. The player in this position marks the center forward on the opposite team.

(2) Right and Left Halfbacks. Players are responsible for roll-ins and free hits on their side of the field. They mark the opposing wing and should possess the same skills as the center forward.

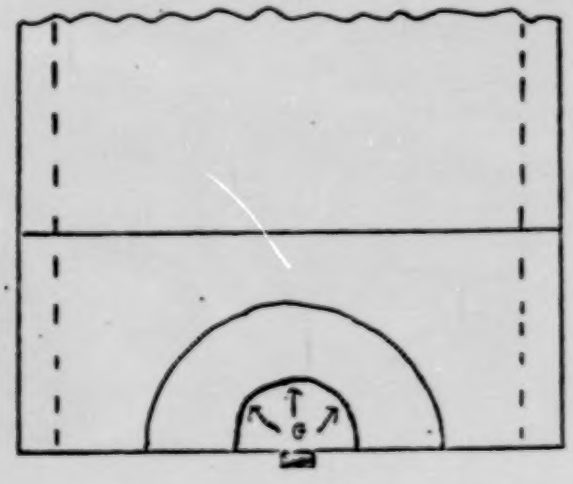


c. Fullback Positions. The right and left fullbacks play from their own goal to or just beyond their 25 yard line. They mark the opposing inners and must possess the confidence of tackling and gaining possession of the ball which is essential for players in this position. They must have good stick work, speed, anticipation and a good drive. Players in these positions should not get in the way of the goal-keeper, but assist her when needed.

Fullbacks are responsible for free hits in their respective area of the field. Generally, fullbacks are considered as defensive members of a team.



d. Goalkeeper. The player in this position is referred to as a "Goalie". She must have the courage to face hard shots at the goal. The goalie should have quick reflexes, keen anticipation and a high degree of agility to be an effective member of the team.



2. General Strategy

Each player should play her position, have confidence in her teammates, develop skill in passing, shooting, dribbling, and stopping. Players must work together for a safe and enjoyable game.

3. Tactics

a. Free Hits

(1) Offense. Free hits should be taken intelligently and quickly on the spot where the foul occurred. The player, preferably a halfback, taking the hit should look for open space, hit directly to a teammate, and aim for the nearest sideline if the hit is taken near her goal.

(2) Defense. All players must remain five yards away from the ball until it is hit. The player taking the free hit may hit in any direction; therefore, the defensive team should be alert and anticipate a possible interception. All halfbacks and fullbacks should stay between their goal and the forward they are marking.

b. Roll-In

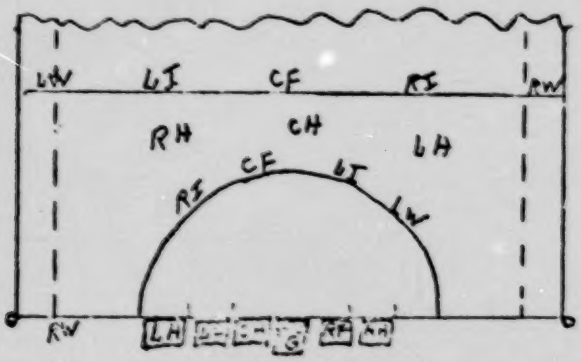
(1) Offense. The wing on the side of the field where the ball went out-of-bounds takes a position outside the side line kneeling on one knee and rolling the ball into the field of play. The forwards should face their goal and move downfield to receive the roll-in and immediately pass to her forward line.

(2) Defense. The backs should closely mark their opponents. The forward line of the defensive team should close the open spaces and anticipate intercepting the roll-in or pass.

c. Corners

(1) Short (Penalty). The attacking forwards must station themselves around and outside the circle until their wing hits the ball. The halfbacks are between the circle and the 25 yard line to serve as back ups for the forwards or tackle the opposing backs in case of an interception. The forwards must go to meet the ball as soon as it is hit; they must have control in receiving the ball and possess speed in shooting for a goal. The five backs and the goalkeeper of the defending team should line up behind the goal line,

only the goalie is in the cage, all backs should stand opposite the forward they are to guard. The forwards of the defending team stay at the 25 yard line.



(2) Long. The lineup for both teams are the same as in a short corner. However, the ball is placed on the end line five yards inside the striking circle.

d. Bully. With the exception of the players taking the bully, all other players must take a position closer to their own goal than the goal of their opponent. The center halfback should move toward the bully and forwards from both teams should cross the center line in anticipation of a pass from the respective backs when the bully has been completed. The team not successful at the bully should immediately get into position and set up their defense.

e. Penalty Bully. Only two players, one from each team, are involved with the penalty bully. All other players must be beyond the 25 yard line. The player most skilled in the bully should represent the team.

K. Recommended Student Resources

1. Books

a. Barnes, Mildred J.; Fox, Margaret G.; Scott, M. Gladys and Loeffler, Pauline A. Sports Activities for Girls and Women. New York: Appleton-Century-Crafts, 1966.

b. Bucher, Charles A. Physical Education for Life. New York: Webster Division of McGraw-Hill Book Company, 1969.

c. Deland, Anne. Field Hockey. Iowa: William C. Brown Company, 1966.

d. McCue, Betty Foster. Physical Education Activities for Women. London: Collier-Macmillan Limited, 1969.

e. Miller, Arthur G.; Willgoose, Carl E. and Wylic, James A. Your Physical Education. New York: Webster Division, McGraw-Hill Book Company, 1970.

f. Seaton, Don Cash; Clayton, Irene A.: Leibee, Howard C. and Messersmith, Lloyd L. Physical Education Handbook. New Jersey: Prentice-Hall, Inc., 1969.

2. Other

a. Jesseph, Margaret and Oswald, Jane A. (ed.). Field Hockey - Lacrosse. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1970-2.

b. Richey, Betty (ed.). Selected Field Hockey and Lacrosse Articles. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1970.

V. LEARNING ACTIVITIES

A. Suggested Warm-Up Exercises

1. Rope jumping
2. Jogging
3. Distance running
4. Obstacle course
5. Bent knee sit-up
6. Jumping jack
7. Squat thrust
8. Back stretcher
9. Windmill
10. Side stretch

B. Lead Up Games and Variations

1. Stick Hockey

a. Equipment

(1) Regular hockey sticks or broom stick handles

(2) Rubber ball (playground ball 6" in diameter)

b. Playing area

(1) One half of football field

(2) Gymnasium (Place sock on end of stick if playing in gymnasium.)

c. Players

Any number of players. Each team must have the same number playing as forwards, halfbacks and fullbacks.

d. Rules

Same rules as field hockey.

e. Scoring

One point for each ball hit across the opposing goal line.

f. Fouls

Same as field hockey. Penalty benches may be used when removing players from the game for committing a foul. A one minute time limit is sufficient.

2. Indoor Hockey

Same as stick hockey with the exception of playing area.

3. Snatch Ball

a. Equipment

(1) Each player must have a hockey stick.

(2) One hockey ball or dead softball

b. Playing area

Any area large enough to handle the number of girls involved. Example: hard court, gymnasium, field or locker room.

c. Players

Two teams of 10 players each.

d. Rules

(1) Team members line up side by side facing the opposing team. (approximately 30' apart)

(2) Each team gives the players a number from 1 through 10. Individual team number may or may not be known to the opposing team.

(3) The leader calls any number from 1 through 10. The two players (one from each team) with that number run to the center and attempt to get the ball across their own team's line.

(4) Field Hockey rules govern the legal techniques that may be used for securing the ball.

(5) The leader calls another number after one player successfully maneuvers the ball across the line.

e. Scoring

(1) A point is scored each time the ball crosses a team line by means of a legal hit.

(2) Team points are accumulated until the game ends. The team with the most points wins.

f. Fouls

If one player fouls, according to field hockey rules, the opposing team automatically receives the point.

4. Mass Hockey

a. Equipment

(1) A stick for each player

(2) One ball either rubber or regulation hockey ball

b. Playing area

Field hockey playing area.

c. Players

Any number equally divided into two teams.

d. Rules

(1) Regular field hockey rules

(2) Players are eliminated when they foul.

(3) Play is resumed, after a foul, with a bully

e. Scoring

Several goals may be used and each with a special value. Example: Three goals for each team with scoring values of 1 - 2 - 3 points respectively.

f. Fouls

Regulation field hockey rules.

5. Eight Player Field Hockey

a. Equipment

Same as field hockey.

b. Playing area

Use half of regulation field hockey area with the side line becoming end lines and end lines becoming side lines.

c. Players

(1) Four forwards

(2) Two halfbacks

(3) One fullback

(4) One goalie

d. Rules

Same as field hockey.

e. Scoring

Same as field hockey.

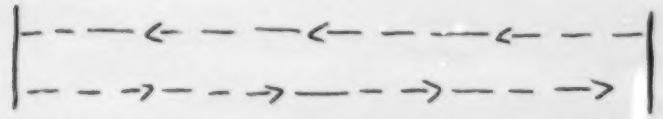
f. Fouls

Same as field hockey.

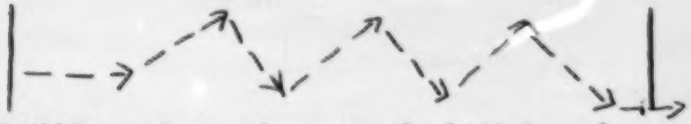
C. Skill Drills and Techniques

1. Dribbling Drills

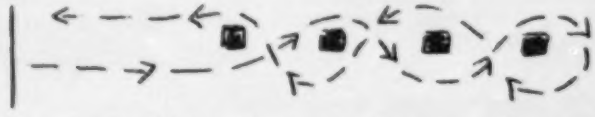
a. Tap the ball with the stick while walking in a straight line.



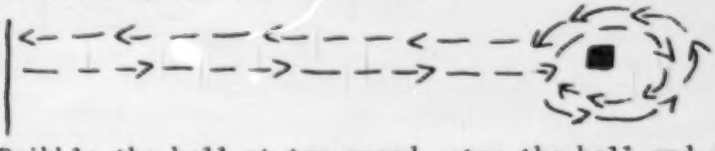
b. Move the ball from right to left with a series of light taps while walking forward.



c. Dribble, using a slow run, the ball in and out and around the obstacles.



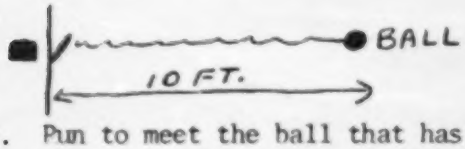
d. Run and dribble the ball first to the right and then to the left around the end marker.



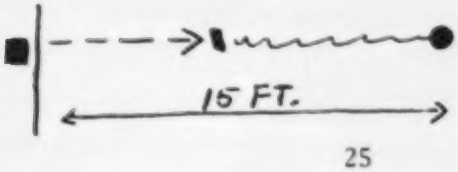
e. Dribble the ball at top speed, stop the ball and dribble to the left, stop the ball and dribble to the right.

2. Fielding or Stopping Drills

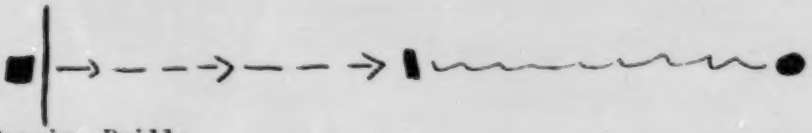
a. Roll the ball from a distance of 10' and have the player stop the ball.



b. Run to meet the ball that has been rolled from a 15' distance.

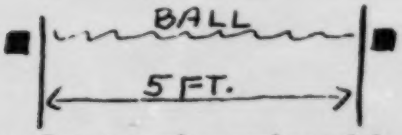


c. Stop or field the ball on the run from a drive shot.

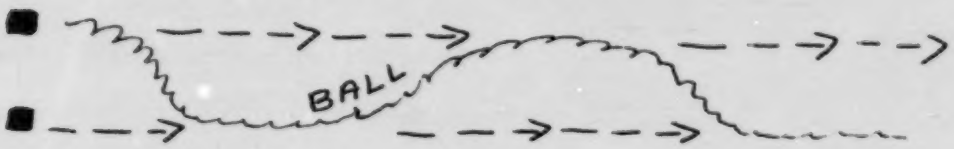


3. Passing Drills

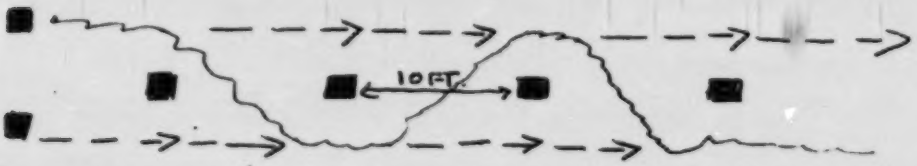
a. Push pass from one player to another from a stationary position five feet apart.



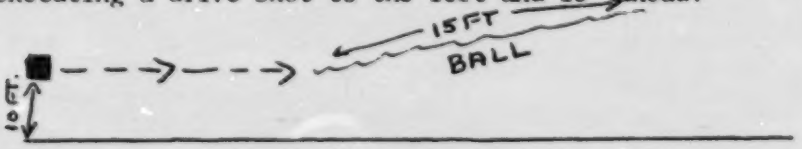
b. Run toward a marker with a partner five feet away and parallel, continuously dribbling and passing.



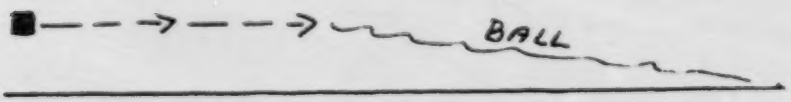
c. Set markers every 10' in a straight line and have two people run parallel to and on each side of the markers while dribbling and passing between every marker.



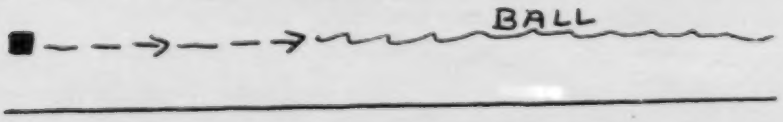
d. Run parallel with and 10' away from the sideline while executing a drive shot to the left and 15' ahead.



e. Same as "d" except to the right.

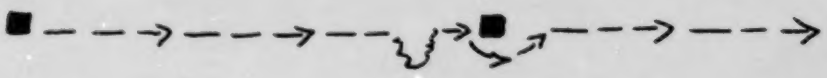


f. Same as "d" except straight ahead.

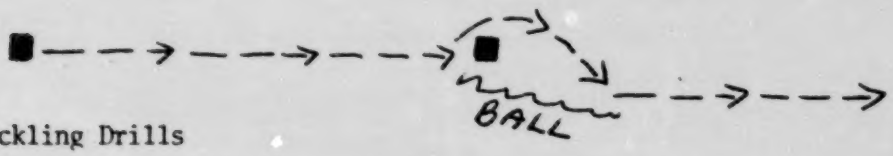


4. Dodging Drills

   a. Dribble ahead to a marker taking a quick feint to the right and back to the left to dribble around the marker.



   b. Dribble to a marker making a quick pass to the right and going left of the marker to pick up the ball and continue dribbling.

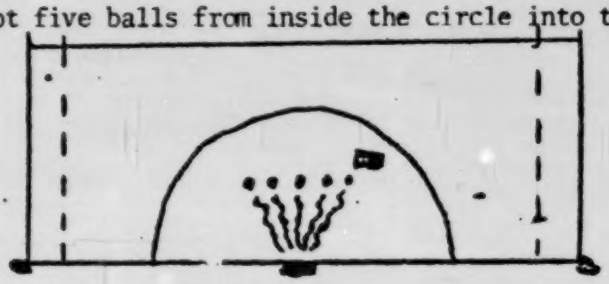


5. Tackling Drills

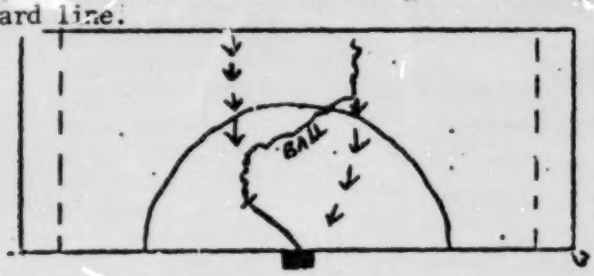
   Intense and continuous practice with a partner of the straight tackle and left-hand lunge will give players the best drill.

6. Shooting Drills

   a. Shoot five balls from inside the circle into the goal.



   b. Pass, dribble and shoot for the goal starting on the 25 yard line.



   c. Roll the ball in front of the goal while players rush from the edge of the circle to hit the ball into the goal.

7. Goalkeeping Drills

a. Shoot balls at the goal from five feet out and to the left of the goal.

b. Same as "a" except from the right.

c. Same as "a" except straight ahead.

D. Suggested Lesson Plan Progression

1. First Week

a. Brief history

b. Overview of the game

c. Selection and care of equipment

d. Safety

e. Introduce and practice skills

(1) Grip, footwork and dribble

(2) Carrying the stick

(3) Push pass

(4) Fielding

2. Second Week

   a. Review skills presented during first week.

   b. Review safety precautions.

   c. Present and practice skills.

      (1) Straight-on tackle

      (2) Bully

      (3) Position selection

   d. Obstacle drill

   e. Lead up games

3. Third Week

   a. Review skills.

   b. **Introduce pertinent rules.**

   c. Skills

      (1) Triangular

      (2) Drive

      (3) Dodge

   d. **Continue pertinent rules.**

   e. Start game play emphasizine passing, fielding and tackling.

4. Fourth Week

   a. Review skills.

   b. Continue rules orientation.

   c. Skills

      (1) Left-hand lunge

      (2) Roll-in

      (3) Straight tackle

   d. Continue game play.

5. Fifth Week

   a. Review skills

   b. Shooting skills

   c. Basic strategy (offense)

   d. Circular tackle

   e. Continue game play

6. Sixth Week

   a. Review skills

   b. Basic strategy (defense)

   c. Corner plays

   d. Continue game play

7. Seventh Week

   a. Skill drills

   b. Strategy for free hits

   c. Goalkeeper skills

   d. Begin tournament

8. Eighth Week

   a. Skill Drills

   b. Tournament play

   c. Individual skill assistance

   d. Begin officiating for selected students

9. Ninth Week

   a. Tournament play

   b. Skill test

   c. Test on Fundamental Field Hockey Quinmester Course Content

E. Recommended Teacher Resources

1. Books

a. Andrews, Emily R.; Smith, Helen W.; Squance, Mary Lou Paul; Russell, Marion. Physical Education for Girls and Women. Englewood Cliffs: Prentice-Hall, Inc., 1963.

b. Barnes, Mildred J.; Fox, Margaret G.; Scott, M. Gladys and Loeffler, Pauline A. Sports Activities for Girls and Women. New York: Appleton-Century-Crafts, 1966.

c. Bucher, Charles A. Physical Education for Life. New York: Webster Division, McGraw-Hill Book Company, 1969.

d. Deland, Anne Lee. Field Hockey. Iowa: William C. Brown Company, 1966.

e. Humiston, Dorothy and Michael, Dorothy. Fundamentals of Sports for Girls and Women. New York: The Ronald Press Company, 1965.

f. McCue, Betty Foster. Physical Education Activities for Women. London: Collier-Macmillan Limited, 1969.

g. Meyer, Margaret H. and Schwarz, Marguerite M. Team Sports for Girls and Women. Philadelphia: W.B. Saunders Company, 1965.

h. Miller, Arthur G.; Willgoose, Carl E. and Wylie, James A. Your Physical Education. New York: Webster Division, McGraw-Hill Book Company, 1970.

i. Miller, Donna Mae and Ley, Katherine L. Individual and Team Sports for Women. New Jersey: Prentice-Hall, Inc., 1956.

j. Paterson, Ann (ed.). Team Sports for Girls. New York: The Ronald Press Company, 1958.

k. Seaton, Don Cash; Clayton, Irene A.; Leibee, Howard C. and Messersmith, Lloyd L. Physical Education Handbook. New Jersey: Prentice-Hall, Inc., 1969.

2. Films

The following films may be obtained through Janet Hollack, 1005 Jefferson Davis Boulevard, #238, Fredericksburg, Virginia 22491.

a. Wembly Way. Produced by All England Women's Hockey Association. Game techniques and advanced play. 2 reels, 45 munutes. Rental fee: Members, $7.50 per day, Non-members, $10.00 per day. Available, Fall 1970.

b. Hockey--Improve Your Game. Produced by All England Women's Hockey Association. Game Techniques. 1 reel, 1600 feet, 60 minutes. Rental Fee: Members, $7.50 per day. Non-members, $10.00 per day.

c. Hockey Strokes. Fundamentals of the game. Produced by the Scottish Women's Hockey Association. 1 reel, 800 feet, 40 minutes. Rental fee: Members, $7.50 per day. Non-members, $10.00 per day.

d. Goalkeeping Techniques. Beginning and intermediate goalkeeping skills. 1 reel, 400 feet, 15 minutes. Rental fee: Members, $3.50 per day. Non-members, $5.00 per day.

e. Women's Hockey Umpiring. Produced by All England Women's Hockey Association. Umpiring, advanced game play. 1 reel, 400 feet, 25 minutes. Rental fee: Members, $7.50 per day. Non-members, $10.00 per day.

f. England vs. United States. Complete record of the match played at Wembly Stadium, London, March 10, 1962. 2 reels, 1600 feet, each reel, 90 minutes. Rental fee: Members, $10.00 per day. Non-members, $15.00 per day.

g. 1963 Conference Film--U.S.A. vs. Germany. Final match of the 1963 IFWHA Conference is included in this film. 1 reel, 500 feet, 35 minutes. Rental fee: Members $7.50 per day. Non-members, $10.00 per day.

h. 1963 Conference Film--U.S.A. Vs. England. Final match of the IFWHA Conference and closing ceremony are included in this film. 1 reel, 500 feet, 35 minutes. Rental Fee: Members, $7.50 per day. Non-members, $10.00 per day.

3. Others

a. Bulletin Board Material

Wall Charts--Action pictures show at a glance how power and accuracy can be allied with style and grace.

Set No. 1--Position of hands, drive, dribble, push.
Set No. 2--Goalkeeping, three methods of tackling.
Set No. 3--Four methods of dodging.
Set No. 4--Bullies and roll-ins.
Set No. 5--Players in action.
Set No. 6--Four sheets of fine action photographs.
Set No. 7--New set of 5 sheets on goalkeeping.

Available from Gertrude Hooper, 242 Highland St., Milton, Mass. 02186. Send for a price list.

b. T.M. Series

#1--Basic positions--diagrams
#2--Corner play--pictures
#3--Goalkeeping--pictures
#4--Reverse Stick Technique--pictures
#5--Selected Team Positions--articles
#6--"Reach," "Twist"--pictures
#7--"Super Speed," "Foxy Hockey"--pictures
#8--Hockey In A Capsule--articles

"Shoot to Score"--Attack Play poster
"Do's and Don'ts"--poster

Available from the USFHA. Send for price list and order form to Eloise Williams, 617 Gramer Rd., Moorestown, N.J. 08057.

c. Jesseph, Margaret and Oswald, Jane A. (ed.). Field Hockey-Lacrosse. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1970-72.

d. Richey, Betty (ed.). Selected Field Hockey and Lacrosse Articles. Washington, D.C.: American Association for Health, Physical Education and Recreation, 1970.

e. United States Field Hockey Association. Women's Hockey. London: Educational Productions Ltd., 1950?

VI. EVALUATION PLANS

A. Skill Test

1. The Dribble

a. Purpose

To measure the accuracy and speed of ball control

b. Equipment

(1) Hockey stick

(2) Stop watch

(3) Hockey ball

(4) Four cones (highway markers)

c. Field Markings

d. Procedure

The player stands behind the starting line with the hockey stick in hand. The ball is placed on the starting line. On the signal "Go" the player dribbles the ball in and out between the obstacles and around the end obstacle. She returns to the starting line with the same procedure of dribbling in and out between the obstacles. The student may choose to start right or left of the first obstacle but must alternate thereafter.

e. Scoring

Time is started with the signal "Go" and runs until the player and the ball cross the starting line on the return. The score for the test is the average time of the three trials. Failure to observe the rules as stated under procedure is considered a foul and the trial does not count.

2. The Drive

a. Purpose

To measure the accuracy of placement and ability to drive the ball for distance.

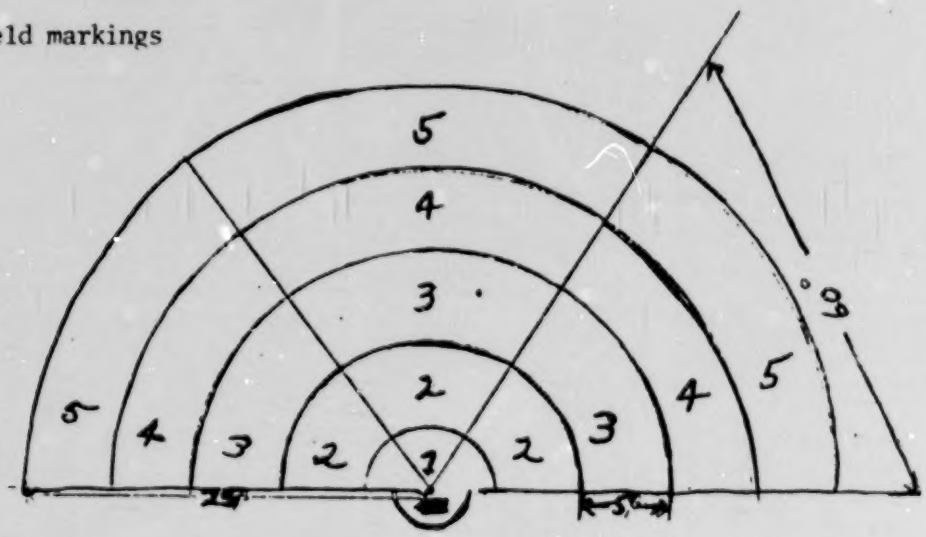
b. Equipment

(1) Hockey stick

(2) Six hockey balls

(3) Calfine

c. Field markings



d. Procedure

The player stands in the circle, drives two balls to her right, two balls to the center and two balls to the left. All hits must be completed without committing "sticks" and must go as directed (right, center, left). A swing and miss is not counted toward the six hits provided the student does not make "sticks".

e. Scoring

Any ball stopping within an area is scored as shown on the diagram. Balls stopping on a dividing line receive the higher score. The player shall receive a score of zero for the hit if she fouls or if the ball goes in the wrong direction. The score for the test is the total points of six hits.

3. Fielding

a. Purpose

To measure repeated accuracy of stopping the ball.

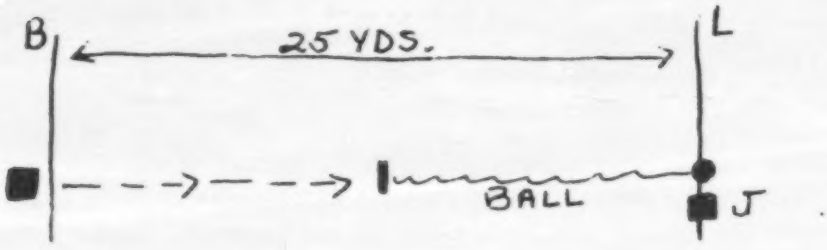
b. Equipment

(1) Two hockey sticks

(2) Five hockey balls

(3) Calfine

c. Field markings



d. Procedure

The player taking the test stands behind Line "B" until the ball is hit by player "J" on Line "L". When the ball is hit, the student rushes to meet the ball and perform a legal stop. The ball must be rolling at the time of the stop.

e. Scoring

One point is scored for each ball stopped legally. The total points of two sets of five balls each is the score for the test. Fielding the ball illegally is scored zero.

4. Dodge

a. Purpose

To measure ability to execute a quick dodge

b. Equipment

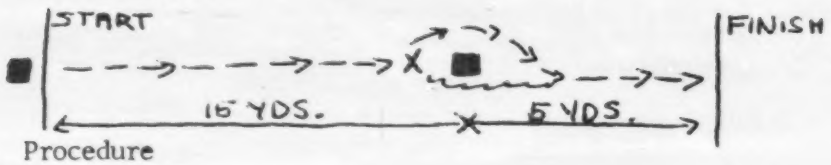
(1) Hockey stick

(2) Hockey ball

(3) Cone marker

(4) Stop watch

c. Field markings



d. Procedure

Player stands behind the starting line with the ball on the line. On the signal "Go" the player dribbles the ball toward the marker. At the "X" the player passes the ball to the right of the marker while she goes to the left of the marker and picks up the ball behind, dribbling to the finish line. An additional attempt should be given if the player passes the ball before or beyond the "X".

e. Scoring

Time starts on the signal "Go" and stops when the ball crosses the finish line. Record the best time of three trials.

5. Tackle

a. Purpose

To measure speed and accuracy of a circular tackle

b. Equipment

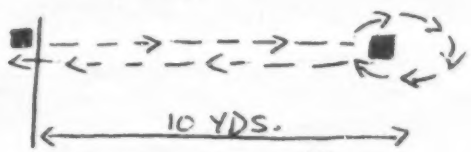
(1) Hockey stick

(2) Hockey ball

(3) Stop watch

(4) Cone marker

c. Field markings



d. Procedure

The player stands behind the starting line with the ball on the line On the signal "Go" the player dribbles the ball to the marker circles to the left around the marker and drives the ball across the starting line. If the ball does not reach the finish line, the player must hit the ball again. Obstruction or sticks is illegal; the player **loses that trial.**

e. Scoring

Time starts with the signal "Go" and stops when the ball crosses the line. Record the best of three trials.

B. Suggested Appraisal Forms

1. Incidence chart

NAME	DRIBBLE	FIELDING	PASSES	DRIVES	TACKLES	INTER-CEPTIONS	POSITION PLAY	FOULS

2. Positive Pating Scale

Rating 1,2,3 or 4

Name	Grip	Footwork	Carrying Position	Release and Follow Through	Accuracy	Anticipat...

3. Diagnostic Checklist

SATISFACTORY		IMPROVEMENT NEEDED	
Times passes well		Waits too long to pass	
Passes ahead of teammates		Passes straight ahead	
Plays position		Wanders out of position	
Aggressive		Gives up	
Marks opponent		Overruns opponent	
Tackles back		Marks too close	

C. Written and/or oral test items

1. True and false
2. Completion
3. Identification
4. Multiple choice
5. Matching
6. Pictorial forms
7. Essay

D. Subjective annotations

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